

Florida Health Literacy Initiative

PRE-HEALTH LITERACY ASSESSMENT

Please record answers on the separate bubble answer sheet. Read each test question and fill in the answer circle that has the letter of the correct answer.

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1. To buy over-the-counter medicines at a pharmacy you must have a prescription.

A. True

B. False

2. Most people eat too much fiber.

A. True

B. False

3. I know where I can go in my community to get free or low-cost medical care.

A. True

B. False

4. Medicine labels tell you the medicine's expiration date.

A. True

B. False

5. If my medicine expires, I should talk to my pharmacist or doctor.

A. True

B. False

6. Asthma is when your body has trouble using sugar to make energy.

A. True

B. False

7. Fiber helps the body get rid of waste.

A. True

B. False

8. When should you see a doctor?

A. Only when you are sick

B. When you are sick and for a yearly check-ups

C. Only in emergencies

9. What does “take one pill, twice daily” mean?

- A. Take a pill at two different times in the same day.
- B. Cut a pill in two and take each half at different times in the day.
- C. Take two pills at the same time once a day.

10. If your nose is full and you cannot breathe through your nose, you are:

- A. Congested
- B. Constipated
- C. Dizzy

11. Which of the following foods is highest in carbohydrates?

- A. Tomatoes
- B. Meat
- C. Olive Oil

12. What is another name for salt?

- A. Soda
- B. Saturated
- C. Sodium

13. If a word begins with Cardio- it probably means it’s related to the:

- A. Skin
- B. Heart
- C. Eyes

14. What is an insurance deductible?

- A. The amount you or your employer pays for your insurance coverage.
- B. The amount you have to pay before your insurance company will begin to pay.
- C. A health problem you have before your health insurance policy starts.

Read the following text to answer questions 15 and 16:

NUTRITION FACTS		
Serving Size 1 Cup (228g)		
Serving Size Per Container 2		
<hr/>		
Amount Per Serving		
CALORIES 250	Calories from Fat 110	
	%Daily Value	
Total Fat 12 g		18%
Saturated Fat 3g		15%
<i>Trans</i> Fat 3g		
Cholesterol 30mg		10%
Sodium 470 mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		

15. Your doctor has put you on a low-fat diet (you should not eat more than 10g of fat per meal.) According to the food label above, you can eat this whole box of macaroni and cheese for dinner and stay within the recommended amount of fat per meal.

- A. True
- B. False

16. How much salt is there in one serving of macaroni and cheese?

- A. 30 mg
- B. 250 mg
- C. 470 mg

17. Which of the following is not a chronic disease?

- A. Asthma
- B. Flu
- C. Diabetes
- D. Heart Disease

Turn to the next page

18. What is a health history form?

- A. A form you fill out at your check-up to tell your doctor about the health problems in your family.
- B. A form you fill out so you can ask your doctor questions
- C. A form you fill out to apply for health insurance.

19. What is a common risk factor for diabetes?

- A. Being overweight
- B. Smoking
- C. Chest pain

Read the following text to answer questions 20 and 21.

GARFIELD, ANA MARIA	16 Apr 2017
RX# FF941858	Dr. LUBIN, MICHAEL
PENICILLIN VK 250MG/tablet	30 round white tablets
Take 1 tablet by mouth 3 times a day for 10 days.	
2 Refills	

20. If you take all tablets as prescribed by your doctor, how many tablets will you have left over at the end of the ten days?

- A. 0
- B. 10
- C. 30

21. Once these pills are gone, how many times can you get more pills with this prescription?

- A. 0
- B. 2
- C. 10

Thank you for completing this assessment. Please give it back to your teacher.